



Week 1 12 13 14

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10 miles.	Rest day.	6 miles.	7 miles.	6 miles.	6 miles.	6x 90 second hill walk
Long distance run a	at a	Long distance run at a	Long distance run at a	5x 1 mile at tempo at	Long distance run at a	with jog recovery.
conversational pace	9.	conversational pace.	conversational pace.	6:20-6:30 pace.	conversational pace.	10 minute warm up and
				10 minute warm up and		cool down.
		5x 20 second strides.		cool down.	5x 20 second strides.	
					Stretch after workout.	

Notes:		



Week 2 12 13 14

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
12 miles.	5 miles.	5 miles.	7 miles.	8 miles.	5 miles.	8 miles.
Long distance run at a	2 mile warm up and cool					
conversational pace.	conversational pace.	conversational pace.	conversational pace. 4	conversational pace.	conversational pace.	down with 8x 400M.
			miles at tempo pace.			
		5x 20 second strides.			5x 20 second strides.	
					Stretch after workout.	

Notes:		



Week 3 12 13 14

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
13 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	6 miles. Long distance run at a conversational pace.	7x 1200M at tempo. 10 minute warm up and cool down.	6 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	6x 90 second hill walk with jog recovery. 10 minute warm up and cool down.
		5x 20 second strides.			5x 20 second strides. Stretch after workout.	

Notes:		



12 Week 4 13 14

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
13 miles. Long distance run at a conversational pace.	Rest day.	6 miles. Long distance run at a conversational pace.	4 miles at tempo pace. 10 minute warm up and cool down.	9 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	8 miles. 2 mile warm up and cool down with 8x 400M.
		5x 20 second strides.			5x 20 second strides. Stretch after workout.	

Notes:		



Week 5 12 13 14

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
13 miles.	5 miles.	7 miles.	6 miles at tempo pace.	7 miles.	4 miles.	10K Road Race.
Long distance run at a	Long distance run at a	Long distance run at a	1 mile warm up and cool	Long distance run at a	Long distance run at a	Or
conversational pace.	conversational pace.	conversational pace.	down.	conversational pace.	conversational pace.	6x 800M with 2:30
						recovery jog between
		5x 20 second strides.			5x 20 second strides.	each.
					Stretch after workout.	

Notes:		



12 Week 6 13 14

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
17 miles.	6 miles.	7 miles.	10x 400M with 400 jog	7 miles.	6 miles.	3x 2 mile run at tempo
Long distance run at a	Long distance run at a	Long distance run at a	recovery.	Long distance run at a	Long distance run at a	with 2 minute recovery
conversational pace.	conversational pace.	conversational pace.	2 mile warm up and cool	conversational pace.	conversational pace.	jog between each.
			down.			10 minute warm up and
		5x 20 second strides.			5x 20 second strides.	cool down.
					Stretch after workout.	

Notes:		



12 Week 7 13 14

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
14 miles.	Rest day.	8 miles.	6x800M with 2:30 minute	8 miles.	6 miles.	9 miles.
Long distance run at a		Long distance run at a	recovery jog.	Long distance run at a	Long distance run at a	10 minute warm up and
conversational pace.		conversational pace.	2 mile warm up and cool	conversational pace.	conversational pace.	cool down, 6 miles at
			down.			tempo pace.
		5x 20 second strides.			5x 20 second strides.	
					Stretch after workout.	

Notes:		



12 Week 8 13 14

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
19 miles. Long distance run at a	7 miles. Long distance run at a	8 miles. Long distance run at a	10x 400M with 400M recovery jog.	7 miles. Long distance run at a	6 miles. Long distance run at a	3x 2 mile run at tempo with 2 minute recovery
conversational pace.	conversational pace.	conversational pace.	2 mile warm up and cool down.	conversational pace.	conversational pace.	jog between each. 10 minute warm up and
		5x 20 second strides.			5x 20 second strides. Stretch after workout.	cool down.

Notes:		



12 Week 9 13 14

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
14 miles.	6 miles.	8 miles.	6x 1200M with 4 minute	8 miles.	6 miles.	10 miles at marathon
Long distance run at a	Long distance run at a	Long distance run at a	recovery done at 4:30.	Long distance run at a	Long distance run at a	pace.
conversational pace.	conversational pace.	conversational pace.	2 mile warm up and cool	conversational pace.	conversational pace.	10 minute warm up and
			down.			cool down.
		5x 20 second strides.			5x 20 second strides.	
					Stretch after workout.	

Notes:		



12 Week 10 13 14

Week 10 41411414.1144.114.

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
21 miles.	Rest day.	8 miles.	12x 400M with 400M	8 miles.	6 miles.	2 miles at tempo pace, 1
Long distance run at a		Long distance run at a	recovery jog at 80-85	Long distance run at a	Long distance run at a	hour easy running pace,
conversational pace.		conversational pace.	seconds.	conversational pace.	conversational pace.	2 miles at tempo pace.
			2 mile warm up and cool			10 minute warm up and
		5x 20 second strides.	down.		5x 20 second strides.	cool down.
					Stretch after workout.	

Notes:		



Week 11 13 14

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
12 miles.	5 miles.	8 miles.	10x 800M with 3 minute	7 miles.	5 miles.	12 miles at marathon
Long distance run at a	Long distance run at a	Long distance run at a	recovery jog between	Long distance run at a	Long distance run at a	pace.
conversational pace.	conversational pace.	conversational pace.	each.	conversational pace.	conversational pace.	10 minute warm up and
			2 mile warm up and cool			cool down.
		5x 20 second strides.	down.		5x 20 second strides.	
					Stretch after workout.	

Notes:		



Week 12 14

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
21 miles.	5 miles.	8 miles.	10x 90 second hill runs.	8 miles.	6 miles.	2 miles at tempo pace,
Long distance run at a	Long distance run at a	Long distance run at a	2 mile warm up and cool	Long distance run at a	Long distance run at a	1 hour easy running, 2
conversational pace.	conversational pace.	conversational pace.	down.	conversational pace.	conversational pace.	miles at tempo pace.
						10 minute warm up and
		5x 20 second strides.			5x 20 second strides.	cool down.
					Stretch after workout.	

Notes:		



Week 13

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
21 miles.	7 miles.	8 miles.	10x 800M with 3 minute	7 miles.	6 miles.	Half marathon race or 13
Long distance run at a	Long distance run at a	Long distance run at a	recovery jog between	Long distance run at a	Long distance run at a	miles at marathon pace.
conversational pace.	conversational pace.	conversational pace.	each.	conversational pace.	conversational pace.	1 mile warm up and cool
			10 minute warm up and			down.
		5x 20 second strides.	cool down.		5x 20 second strides.	
					Stretch after workout.	

Notes:		



12 Week 14

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
15 miles.	Rest day.	8 miles.	10x 400M with 400M	8 miles.	6 miles.	2x 20 minute runs at
Long distance run at a		Long distance run at a	recovery jog every 80-85	Long distance run at a	Long distance run at a	tempo with 5 minute
conversational pace.		conversational pace.	seconds.	conversational pace.	conversational pace.	recovery jog between
			2 mile warm up and cool			each.
		5x 20 second strides.	down.		5x 20 second strides.	10 minute warm up and
					Stretch after workout.	cool down.

Notes:		



12 Week 15

Week 15 41411414.1144.114.1144.114

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10 miles.	5 miles.	6 miles.	5x 1 mile at tempo with	5 miles.	5 miles.	15 miles at marathon
Long distance run at a	Long distance run at a	Long distance run at a	1 minute recovery jog	Long distance run at a	Long distance run at a	pace.
conversational pace.	conversational pace.	conversational pace.	between each.	conversational pace.	conversational pace.	1 mile warm up and cool
			2 mile warm up and cool			down.
		5x 20 second strides.	down.		5x 20 second strides.	
					Stretch after workout.	

Notes:		



12 13 14 Week 16

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Rest day.	5 miles.	4x 1000M at tempo.	4 miles.	Rest day.	3 miles.	Run your race!
	Long distance run at a	1 mile warmup and cool	Long distance run at a		Long distance run at a	
	conversational pace.	down.	conversational pace.		conversational pace.	

Notes: